



Photos by Pvt. Erik S. Anderson

Major Rhett Griner, 3rd HBCT's fire support officer, chases after the quarterback, 1st Sgt. Quentin Fenderson, Co. B, 2/69 Armor, 3rd HBCT, during a football game pitting the brigade's senior officers against senior NCOs. The game ended in a 7-7 tie.

Kelley Hill senior leadership squares off



Pvt. Erik S. Anderson
3rd HBCT Public Affairs

FORT BENNING, Ga. – Two highly competitive flag football teams, both comprised of 3rd Heavy Brigade Combat Team, 3rd Infantry Division Soldiers, squared off Jan. 8 on Kelley Hill at Fort Benning, Ga.

This is the third meeting of the teams, one comprised of senior officers, the other with senior noncommissioned officers.

"We own this game," said Command Sgt. Maj. Dan Huell, 3rd Squadron, 1st Cavalry Regiment, 3rd HBCT, and head coach of the NCO team. "The enlisted side leads 2-0 (in the series)."

Despite Huell's confidence in his team's ability, head coach of the officer's team, Maj. Rhett Griner remained optimistic.

"I like our chances this game," said Griner before the game. "Last time they had a bigger team. But this year we have a larger talent pool, and

we actually practiced. It's kind of a new concept for us."

"I just know they will be out coached," he added with a laugh.

Huell planned to keep to the basics, adding they haven't had a chance to practice.

A first-time referee offered his thoughts on the outcome of the game.

"It's going to be 36-18 with the officers winning, and six ankles going out today," said Capt. Isaac Henderson, commander of Company B, 3rd Squadron, 1st Cavalry Regiment, 3rd HBCT.

After the trash-talking ended and the dust settled on the field, the final score was a 7-7 tie, even with 10 minutes of overtime.

"Competition is good," said Griner.

"But this event really builds camaraderie and esprit de core among the senior leadership of the brigade. It's nice to see people outside of our usual work atmosphere."

Left: Major Marcus Jackson, communications officer of the 3rd HBCT, attempts to pull the flag off a player from the senior NCO football team during a game, Jan. 8.

Signal officer joins All-Army Cross Country

Sgt. Johnathon Jobson
1st BCT Public Affairs

Physical training is the way Soldiers begin their day, being pushed to go faster and further, to push themselves harder than before. Passing the Army Physical Fitness Test is the ultimate goal for many Soldiers, but for 1st Lt. Erik McFarlane, the signal officer for 5th Squadron, 7th Cavalry Regiment, the goal is much higher.

The USA Cross Country National Championships and World Cross Country Team trials are what McFarlane is training for. He was chosen as one of six male Soldiers and the only one from the 3rd Infantry Division to compete on the All-Army Cross Country Team.

The Cross Country National Championships are being held at the Agricultural History Farm Park in Derwood, Md., Feb. 7. This is the second time McFarlane has been chosen to represent the Army at the Cross

Country Championships. Prior to his last deployment he participated in the 2006 Championships held in Boulder, Colo.

"I feel better about this time," McFarlane said of the upcoming competition. "When you train at sea-level and compete at altitude it is kind of difficult. This year won't be at altitude, so I feel better about competing."

McFarlane began training for the championships in June, after returning from a deployment to Iraq, in addition to running each Monday, Wednesday and Friday during PT with his unit, McFarlane also runs after work.

"In the morning, I run various distances, anywhere from four to eight miles, and then do upper-body and abdominal core exercises," McFarlane said. "Then in the evening I go for another run, mile-repeats or a tempo run."

With less than a month until the competition, McFarlane said he is



Sgt. Johnathon Jobson

First Lieutenant Erik McFarlane, 5/7 Cav. signal officer, trains to participate in the National Cross Country Championships as part of the All-Army Cross Country Team. McFarlane was one of six male Soldiers chosen to compete at the championships slated for Feb. 7 in Maryland.

pushing his training harder than ever. His added that PT must be at the top of his list of things to do. McFarlane said

his Soldiers continue to encourage him daily reminding him, "More PT sir, more PT."

Basketball helps to transition youth

Kaytrina Curtis
Public Affairs Specialist

The move to a new state, city, and school may come with many challenges for children of military parents. Yet a mobile lifestyle for Soldiers and their Families is common. Fortunately for military children, extra-curricular sports, such as basketball, track and football, are virtually the same from one installation to the next.

Many of these students attend Richmond Hill High School, and the Wildcats varsity basketball team has a great deal to be proud of these days.

The Wildcats' varsity basketball power forward, Vanquez Butler said he enjoys playing basketball and the camaraderie the organized sport has to offer. Butler, whose father is stationed at Fort Stewart, moved to Richmond Hill last past summer with his family. He said it's hard to leave old friends behind, but he enjoys the mobility the military offers, and he does not have a hard time making new friends because playing basketball helps.

Butler added that what makes a good team great is first-rate guidance, especially when the team is down.

The Wildcats have turned around from past years' standings. Head boys' varsity coach William Altman said having the players from the local military community on the team facilitates this effort.

"I found that working with many of the retired military Families, the kids are extremely hard workers," Altman said. "Their parents are very loyal and extremely supportive of our program."

Altman, a Glennville native, said his love and passion for the game has given him countless opportunities to give back to children in the community.

Sophomore Lorenzo Ross, whose father is also a Soldier stationed at Stewart, said his dad is an influential part of his life due to the sacrifices he makes for the country. Since age three, Ross has played basketball, and said as point guard for the team he, like his father, has the opportunity to get everyone involved in a concerted effort.

"A team that plays together won't get mad over one loss," Ross said. "They just keep going and strive to get better."

In the past two years the Wildcats have been able to turn things around, winning 16 ball games compared to three prior to Altman's coaching.

Currently, the team has a 9-5 standing. A hard fought battle Jan. 12 inside Richmond Hill High School gymnasium showed just how passionate Altman and the players on his team are about the game. The last five seconds proved to be all that were needed to bring the Wildcats a victory against regional rival, Baldwin County. Senior C.J. Bynum made a steal and the win-



Kaytrina Curtis

Richmond Hill High School junior Vanquez Butler, shoots a layup during after school practice, Jan. 8.

ning layup with five seconds left in the game to bring the team ahead by one point with a final score of 53-52.

Football fans appreciate SOAR Soldiers



Kimberly Tiscione

(Pictured from back to front, left to right) Staff Sergeant Robert Ford, Staff Sgt. Michael Forsyth, Sgt. 1st Class Eric Snortland, Spc. Dean Lee, Staff Sgt. Kevin Faires, 1st Sgt. James Schley, Staff Sgt. Armando Hernandez, Spc. James Raub, Maj. Michael Troxell, Lt. Col. Walter Rugen, Staff Sgt. Alex Greer, Spc. James Glenn and Staff Sgt. David Pelich, 160th Special Operations Aviation Regiment (Airborne), were introduced by name in a pre-game ceremony at the 2008 Humanitarian Bowl, Boise State University, Dec. 30.

2009 Intramural Basketball

ROCKY CONFERENCE

Date	Time	Field	Teams
Jan. 15	6:30 p.m.	1	554th Eng. vs 92nd Eng.
	7:30 p.m.	1	2-3 BTB VS HHC 26th BSB
	8:30 p.m.	1	Co. B, 1/41 FA vs Co. A, 5/7 Cav.
	6:30 p.m.	2	Co. A, 3rd SB vs 87th CSSB
	7:30 p.m.	2	3rd Sig. vs Co. G, 1/41 FA
	8:30 p.m.	2	90th HRC vs HHB, 1/41 FA
Jan. 21	6:30 p.m.	1	Co. B, 1/41 FA vs Co. A, 3rd SB
	7:30 p.m.	1	92nd Eng. vs Co. A, 5/7 CAV
	8:30 p.m.	1	554th EN vs 3D SIG CO
	6:30 p.m.	2	HHC 26th BSB vs Co. G 1/41 FA
	7:30 p.m.	2	HHB, 1/41 FA vs 87th CSSB
	8:30 p.m.	2	90th HRC vs 2/3 BTB
Jan. 28	6:30 p.m.	1	Co. B, 1/41 FA vs. 3rd Sig.
	7:30 p.m.	1	554th Eng (B) vs 90th HRC
	8:30 p.m.	1	984nd Eng. vs. HHC, 26th BSB
	6:30 p.m.	2	2-3 BTB vs. 87th CSSB
	7:30 p.m.	2	Co. A, 3rd SB vs. Co. G, 1/41 FA
	8:30 p.m.	2	Co. A 5/7 Cav. vs. HHB, 1/41 FA
Feb. 2	6:30 p.m.	1	Co. B, 1/41 FA vs HHB, 1/41 FA
	7:30 p.m.	1	984nd Eng. vs. Co. A, 3rd SB
	8:30 p.m.	1	3rd Sig. Co. vs. 87th CSSB
	6:30 p.m.	2	90th HRC vs. HHC, 26th BSB
	7:30 p.m.	2	554th Eng. (B) vs. Co. G, 1/41 FA
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 2-3 BTB

MARNE CONFERENCE

Date	Time	Field	Teams
Jan. 22	6:30 p.m.	1	1/64 Armor vs. Co. A, 1/41 FA
	7:30 p.m.	1	Co. A, 26th BSB vs. Troop B, 5/7
	8:30 p.m.	1	Co. A, 1/9 FA vs. MEDDAC
	6:30 p.m.	2	HHC, 1-3BTB vs. Co. A, 1/9 FA
	7: 30 p.m.	2	554th Eng. (A) vs. HHC, 2/7 Inf.
	8:30 p.m.	2	Co. E, 3/69 AR vs. Co. B, WTU
Jan. 26	6:30 p.m.	1	Co. A, 26th BSB vs. Co. B, WTU
	7:30 p.m.	1	Co. A, 1/42 FA vs. 1/30 Inf.
	8:30 p.m.	1	HHC, 1-3 BTB vs. HHC, 2/7 Inf.
	6:30 p.m.	2	Co. E, 3/69 AR vs. MEDDAC
	7:30 p.m.	2	554th Eng. (A) vs. 1/64 AR
	8:30 p.m.	2	Troop B, 5/7 Cav. vs. Co. A, 1/9

HUNTER CONFERENCE

Date	Teams	Times
Jan. 15	Co. F, 2/3 Avn. vs. Co. B, 169th 473rd QM vs. HHC, 260th QM	6:30 p.m. 7:30 p.m.
Jan. 19	1/3rd Avn. vs. HHC, 3rd CAB Corps of Eng. vs. 24th Ord. Co.	6:30 p.m. 7:30 p.m.
Jan. 20	Co. A, 603rd Avn. vs. 2/3 Avn. Co. C, 603rd Avn. vs. Co. B, 603rd Avn.	6:30 p.m. 7:30 p.m.
Jan. 21	USMC vs. Co. B, 169th 3/160th SOAR vs. HHC, 260th QM	6:30 p.m. 7:30 p.m.
Jan. 22	Co. F, 2/3 Avn. vs. HHC, 3rd CAB 473rd QM vs. 24th Ord.	6:30 p.m. 7:30 p.m.
Jan. 26	2/3rd Avn. vs. Co. A, 603rd Avn. Corps of Eng. vs. Co. B, 603rd Avn.	6:30 p.m. 7:30 p.m.
Jan. 27	Co. C, 603rd Avn. vs. 2/3rd Avn. USMC vs. HHC, 260th QM	6:30 p.m. 7:30 p.m.
Jan. 28	Co. B, 169th vs. HHC, 3rd CAB 3/160th SOAR vs. 24th Ord.	6:30 p.m. 7:30 p.m.
Jan. 29	Co. F, 2/3rd Avn. vs. Co. A, 603rd Avn. 473rd QM vs. Co. B, 603rd Avn.	6:30 p.m. 7:30 p.m.

Hunter Conference Standings

Team	Won	Loss	Percentage
Co. B, 60rd Avn.	3	0	1.000
Co. A, 603rd Avn.	2	0	1.000
HHC, 260th QM	1	0	1.000
473rd QM	1	0	1.000
HHC, 3rd CAB	2	1	0.666
USMC	2	1	0.666
Corps of Eng.	1	1	0.500
2/3 Avn.	1	1	0.500
3/160th SOAR	1	2	0.333
Co. B, 169th	0	1	0.000
24th Ord. Co.	0	2	0.000
1/3rd Avn.	0	2	0.000
Co. C, 603rd Avn.	0	3	0.000

Rocky Conference Standings

Team	Won	Loss	Percentage
554th Eng. (B)	1	0	1.000
984th Eng.	1	0	1.000
90th HRC	1	0	1.000
2-3 BTB	1	0	1.000
3rd Sig.	1	0	1.000
87th CSSB	1	0	1.000

Team	Won	Loss	Percentage
Co. B, 1/41 FA	0	1	0.000
Co. A, 5/7 Cav.	0	1	0.000
Co. A, 3rd SB	0	1	0.000
HHB, 1/41 FA	0	1	0.000
HHC, 26th BSB	0	1	0.000
Co. G, 1/41 FA	0	1	0.000

Sign up for CYSS Activities

Register for Child and Youth School Services youth activities. Register at Fort Stewart CYS, building 443, Gulick Ave. between 8 a.m. and 5 p.m. Monday, Tuesday, Thursday, Friday; and Wednesday, 9 a.m. to 6 p.m.

For more information, call CYSS at 767-2312 or youth sports at 767-4371.



Check out The
Frontline and
the Quality Time
online at

www.stewart.army.mil



For more
information
on
intramural
sports,
contact the
Fort
Stewart
Sports
Office at
767-8238 or
the
Hunter
Sports
Office at
315-4160.

Pools close

The Newman Fitness Center and Tominac Fitness Center pools have been closed, effective Dec. 19, for an indefinite period. The closure is necessary due to an unforeseen delay in lead time for a mandated drain replacement part. The pools will remain open for "military training" with all safety precautions necessary in place.

Marne Conference Standings

Team	Won	Loss	Percentage	Team	Won	Loss	Percentage
1/30 Inf.	4	0	1.000	Co. B, WTU	2	2	0.500
Co. A, 1/41 FA	3	1	0.750	Co. E, 3/69 AR	2	3	0.400
1/64 AR	3	1	0.750	MEDDAC	1	2	0.333
Co. A, 1/9 FA	3	1	0.750	HHC, 2/7 Inf.	1	3	0.250
Co. A, 26th BSB	2	2	0.500	554th Eng. (A)	0	4	0.000
Troop B, 5/7 Cav.	2	2	0.500				

Jake's Body Shop

New diets
can change
habits

Jake Battle

DMWR Fitness Coordinator

Memories of broken New Year's resolutions to lose weight can leave you with a "what's-the -use" attitude. But this year, instead of quick-loss plans, try changing eating habits for a healthier diet that will last a lifetime.

If you want to lose weight, remember you didn't gain it overnight - you won't lose it overnight either.

The most lasting method of losing weight is to adopt healthier eating habits and exer-

cise. Reducing fat and increasing fruits and vegetables in the diet are the best places to start. In addition to healthier diets, increased exercise will help you drop extra pounds at a faster, safer rate.

Do not eliminate any major food group, such as bread, starches or dairy products, as part of your weight-loss plan.

You can lose weight and still eat three meals a day with one or two snacks between meals. If the meals are skipped, you will be hungrier at meal time, and as a result more likely to overeat.

Instead, eat small quantities evenly

spaced throughout the day. The body is able to more efficiently convert the food to energy rather than storing it as fat.

When a dieter returns to eating normally, extra pounds return rapidly.

Dieting should not set one Family Member apart from the others. Healthy eating is good for everyone. Preparing two meals - one for a dieter and one for non-dieters - makes the diet harder to stick with for any length of time.

Most people need some type of support system. Find a friend that will help you stick with your new diet.